



# Bee Active! November Daily Challenge Ideas

Sullivan STEAM Magnet School – Family Fitness Inspiration



## Week 1: Nov 1–7

- **Nov 1 – Jumping Jacks** Do 3 sets of 20 jumping jacks. Try counting in silly voices or singing a song while jumping!
- **Nov 2 – Bike Ride** Take a family ride around the neighborhood or a local park. Count how many squirrels or birds you see!
- **Nov 3 – Outdoor Playground** Visit a nearby playground. Challenge each other to climb, swing, and slide for 30 minutes.
- **Nov 4 – Dance Party** Pick 3 favorite songs and have a living room dance-off. Bonus: Create a family dance routine!
- **Nov 5 – Yoga** Try 5 beginner poses like Tree, Cat-Cow, and Downward Dog. Hold each for 10 seconds.
- **Nov 6 – Family Walk** Walk together after dinner. Share one thing you're grateful for as you stroll.
- **Nov 7 – Walk the Dog** If you have a pet, take them for a walk. No dog? Walk a stuffed animal or pretend pet!



## Week 2: Nov 8–14

- **Nov 8 – Running** Set a timer for 5 minutes and run laps around your yard or block. Try a relay race!
- **Nov 9 – Stretching** Do a full-body stretch routine. Reach for the sky, touch your toes, twist side to side.
- **Nov 10 – Obstacle Course** Use pillows, chairs, and tape to create a course indoors or outdoors. Time each other!
- **Nov 11 – Balloon Toss** Keep a balloon in the air for as long as possible. Add challenges like clapping between hits.
- **Nov 12 – Family Hike** Explore a nature trail. Collect leaves or rocks and talk about what you find.
- **Nov 13 – Squats** Do 3 sets of 15 squats. Try holding a pumpkin or book for extra fun!
- **Nov 14 – Nature Scavenger Hunt** Make a list: leaf, acorn, bird, stick, cloud. Find them all during a walk.



## Week 3: Nov 15–21

- **Nov 15 – Step Challenge** Use a pedometer or phone to track steps. Set a goal and celebrate when you reach it!
- **Nov 16 – Hula Hoops** See who can hula hoop the longest. Try spinning it on your arm or foot!
- **Nov 17 – Jump Rope** Count how many jumps you can do in a row. Try double jumps or skipping rhymes.
- **Nov 18 – Indoor Obstacle Course** Crawl under tables, hop over cushions, balance on tape lines. Be creative!
- **Nov 19 – Dance** Learn a new dance from a video or make up your own. Perform it for each other!
- **Nov 20 – Wall Sits** Sit against a wall with knees at 90°. Hold for 30 seconds, then try to beat your time.
- **Nov 21 – Walking** Walk to a local landmark or just around the block. Count how many steps it takes.



## Week 4: Nov 22–30

- **Nov 22 – Biking** Ride to a new destination. Decorate your bike with fall-themed colors!
- **Nov 23 – Duck Walk** Squat and waddle like a duck across the room. Quack for extra laughs!
- **Nov 24 – Soccer** Kick a ball back and forth. Set up goals with cones or shoes.
- **Nov 25 – Plank** Hold a plank for 20 seconds. Try side planks or plank high-fives!
- **Nov 26 – Animal Walk** Bear crawl, crab walk, frog jump—move like your favorite animals!
- **Nov 27 – Family Yoga** Do partner poses like double boat or mirror stretches. End with quiet breathing.
- **Nov 28 – Jumping** Jump over lines, toys, or tape. Try long jumps or jumping in patterns.
- **Nov 29 – Freeze Dance** Dance until the music stops—then freeze! Add silly poses or balance challenges.
- **Nov 30 – Tag** Play tag in the yard or park. Try variations like shadow tag or flashlight tag.